



We build strong kids, strong families, strong communities.

YMCA Fairfax County Reston - Aquatics Schedule - Fall I 2009

September 8, 2009-October 31, 2009

	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday																			
	Lane	1	2	3	4	5	6	Lane	1	2	3	4	5	6	Lane	1	2	3	4	5	6	Lane	1	2	3	4	5	6	Lane	1	2	3	4	5	6	Lane	1	2	3	4	5	6		Lane	1	2	3	4	5	6						
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9:00 PM	Zero entry lane is not available during YMCA Swim Lessons. Lane assignments may change to suit current pool conditions.																																																9:00 PM							
9:30 PM	LIMITED OPEN/FAMILY SWIM DURING SWIM LESSONS																																																9:30 PM							
	Pool Times - Mon - Fri: 5:00 am - 9:45 pm Sat: 7:00 am - 8:45 pm Sun: 8:00 am - 7:45 pm																																																							

WATER AEROBICS-FALL I 2009

MONDAY	6:30-7:15am	Water Fitness/HIGH	Vanessa
	8:30-9:15am	Water Fitness	Joan
	9:15-10:00am	Pre-Natal/Low Impact	Joan
	12-00-12:45pm	Water Fitness	Joan
	7:00-8:00pm	Water Fitness	Nancy
TUESDAY	8:30-9:15am	Water Fitness	Judy
	7:00-8:00pm	Water Fitness	Terri
WEDNESDAY	6:30-7:15am	Water Fitness	Jody
	8:30-9:15am	Water Fitness	Leslie
	9:15-10:00am	Pre-Natal/Low Impact	Leslie
	12-00-12:45pm	Water Fitness	Joan
	8:30-9:15am	Water Fitness	Judy
	7:00-8:00pm	Water Fitness/HIGH	Suzu
FRIDAY	6:30-7:15am	Water Fitness	Terri
	8:30-9:15am	Water Fitness	Leslie
	9:15-10:00am	Pre-Natal/Low Impact	Leslie
	12-00-12:45pm	Water Fitness	Susan
	7:00-8:00pm	Water Fitness	Nancy
SATURDAY	7:15-8:00am	Water Fitness	Terri
SUNDAY	8:15-9:00am	Water Fitness	Jody

Low Impact Water Workout

Workouts designed for individuals with joint disabilities (arthritis, lupus, knee replacement, etc.), multiple sclerosis, back injuries and others who require a lower intensity water exercise program. The emphasis is on balance, range of motion, increasing strength and endurance. Our pool is equipped with an easy access ramp/handrail as well as a water wheel chair for those that need assistance entering and exiting the pool.

FP Members FREE

Pre-Natal Water Workout

Your body will thank you for the time submerged in water, reducing stress on muscles and joints. The water at the YMCA indoor pool is controlled at a comfortable 83° which will have a nice cooling effect on your body. Other benefits include edema prevention, lower blood pressure, and the effect of hydrostatic pressure can help decrease swelling.

FP Members FREE
Program Member \$140

